

FREE

LIVE AND INTERACTIVE SATELLITE BROADCAST

Designed for physicians, pharmacists, psychologists, and nurses

Painful Physical Symptoms of Depression: Linking the Treatment of Body and Mind

August 28, 2003

This one hour activity will broadcast at:

Eastern: 12 p.m.- 1 p.m. and 3 p.m.- 4 p.m.

Central: 11 a.m.- 12 p.m. and 2 p.m.- 3 p.m.

Mountain: 10 a.m.- 11 a.m. and 1 p.m.- 2 p.m.

Pacific: 9 a.m.- 10 a.m. and 12 p.m.- 1 p.m.

Presenter

Alan F. Schatzberg, MD

Kenneth T. Norris, Jr., Professor and

Chairman

Dept. of Psychiatry and Behavioral Sciences

Stanford University School of Medicine

Moderator

Jay Fawver, MD

Clinical Associate Professor of Psychiatry

Indiana University School of Medicine

Learning Objectives:

At the end of this educational activity, participants should be able to:

1. Review the association between the painful physical symptoms of depression and an increased risk of relapse
2. Discuss dysfunction of NE and 5-HT in both disorders
3. Restate recent data on dual reuptake blockers (duloxetine and venlafaxine) in pain and depression

Description:

Growing attention is being drawn to the importance of painful physical symptoms, in addition to the emotional symptoms, associated with remission of depression. Residual physical symptoms have been clearly linked to an increased risk of relapse. Recently, data from a large-scale epidemiologic study of 19,000 subjects in five European countries indicate that 45% of subjects who met criteria for major depression also met criteria for having a chronic painful physical disorder. Thus this community-based study confirms data in healthcare settings. Continued presence of painful physical symptoms in depression has been reported to be associated with poorer long-term outcome of depressive syndromes. Recently, a retrospective analysis of an investigational antidepressant indicated that reduction in physical pain symptoms appeared to be correlated to antidepressant response. Failure to improve vis-à-vis pain generally resulted in poor outcome of depression. A possible explanation for this relationship between pain and depression may lie in the abnormal functioning in norepinephrine (NE) and serotonin (5-HT) systems seen in both disorders. NE and 5-HT play a role in modulating or dampening transmission of impulses from the periphery via spinal cord to thalamus and cortical areas. Disordered function in these two systems could result in enhanced pain perception or experience. Similarly, both neurotransmitters have been implicated in major depression and agents that block reuptake of both simultaneously (e.g., tricyclics, venlafaxine, etc.) are thought to be particularly effective in reducing depressive symptoms as well as in reducing pain.

ACCREDITATION STATEMENTS/CREDIT DESIGNATION

Distance Learning Network, Inc. has been approved by the American Psychological Association (APA) as a provider of continuing education for psychologists. Distance Learning Network maintains responsibility for the program. The participant will be awarded 1 contact hour of credit for attendance and completion of supplemental materials.

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The University of Florida College of Pharmacy is accredited by the American Council on Pharmaceutical Education as a provider of continuing pharmaceutical education. This program is approved for 1 contact hour (0.1 CEU's) in states that recognize ACPE. To receive credit you must attend the entire session and complete the evaluation form. The University of Florida College of Pharmacy will provide statements of Continuing Education Credit within 4 weeks after the session. 012-999-03-



Distance Learning Network has been approved as a provider of continuing education in nursing by the Utah Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. The participant will be awarded 1.2 contact hours of credit for attendance and completion of supplemental materials.

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COMMERCIAL SUPPORT

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